

THE BIG JUMP

How like a great ocean is the future, which lies out yonder! One of millions of men here is perched on the mountain peak, ready to make a leap into the future. Turning from worldly things he is ready to trust God. For the man who is ready, the ocean has no threat or peril. The Church points the way and gives the plan whereby we may jump from death to life or, from this world to Heaven. Let us begin our jump this very day for the future calls to every man. God's love and wisdom and patience will be at the end of your big jump. For He said, "Come unto me and I will give you rest."



See You in Church TODAY!

With the Hope that More People Will Come to Church This Series is Sponsored By the Torrance Ministerial Association and Made Possible By the Following Civic Leaders:

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All A&P Stores Closed Sundays
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Fine Jewelry — Friendly Credit
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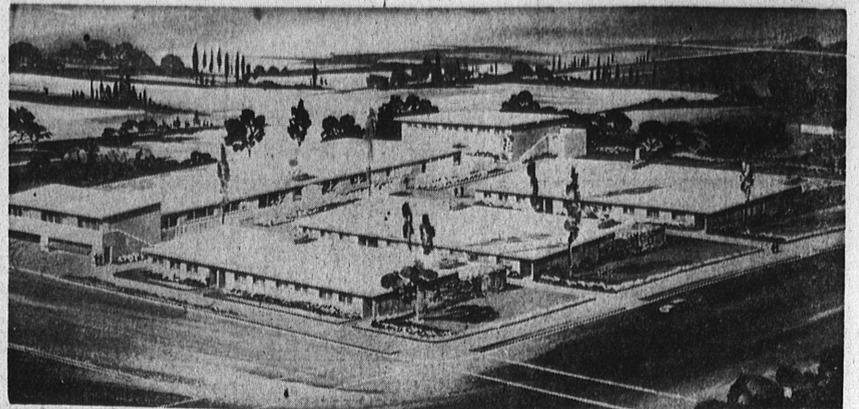
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Quick, Dependable Service
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Serving Torrance Since 1928
1401 Border Ave. — Ph. 350

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Largest TV & Repair Service in This Area
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NEARING COMPLETION . . . The patio apartment project of the Home Loan Realty Co. which has been under construction at Madrid Ave. and Dominguez St. is nearing completion this week, according to R. G. "Dick" Miller, general manager of the firm. The "For Lease" signs were posted on the property this week.



PARADE LEADERS . . . Workers from Longren Aircraft formed a day-long parade into the Civic Auditorium here last Monday as 82 per cent of those eligible in the plant gave blood. Waitresses, cooks and other employees at Daniels Cafe also neared the 100 per cent mark in contribution as the Red Cross collected 262 pints of badly needed blood. (Herald Photo)

London Man President Of Christian Science

Lt. Col. Robert Ellis Key of London, England, Monday was named President of The Mother Church, The First Church of Christ, Scientist, in Boston at its annual meeting attended by Christian Scientists from all over the world.

600 STORIES
O'Henry wrote about 600 original pieces of fiction.

It Finishes June 6th Judge Higgins Vacation Traffic Safety Contest

The judges will post winners June 13th. \$150 in Government Bonds — 4 prizes to winners donated by:

- Builders Material Co.
- E-T Electric Co.
- Eger's Bakery
- Melox Mfg. Co.
- O'Briens Market
- Clarence P. Taylor

100 word essay contest on how to "Make This Vacation a Safe One." Open to grade and high school students. MAIL YOURS NOW!

Advertising Program Of Chamber Outlined

A new advertising and promotion campaign geared to the record development of Torrance's business, residential, and industrial areas has been worked out by the Torrance Chamber of Commerce, it was announced yesterday by Dale Isenberg, executive-secretary of the group.

Because of its geographic location, the opportunities afforded here must be explained by every possible means, Isenberg said.

Industry Lagging
"Fortunately, the projected home-building program at this date is ahead of industrial development," he said. He emphasized that industrial expansion was now needed to augment the increases which have been enjoyed in business and residential areas.

"Otherwise, our residents will be forced to go elsewhere for employment," he said. Surveys which show that much of the shopping today is done by workers near their places of employment were cited to point out the need for having residents employed here.

Exploitation Essential
Isenberg said that continued exploitation of this city's resources is essential and must be carried on through paid advertising, press publicity, brochures and mailing pieces for direct-mail selling.

Cited as probably the most effective method, however, was the personal contact with both prospective new industry and owners of available sites by chamber personnel.

"Attracting industry to a given area is not an overnight procedure," Isenberg pointed out. "One must remember that the Chamber of Commerce is in a very highly competitive business," he said.

Psychologist to Speak

Floyd Corbin, well-known psychologist, will speak to Kiwanis Club members and their wives at a Ladies Night meeting scheduled for tomorrow night in the American Legion hall.

Corbin will speak on topic: "From Where He Stands." Dinner will be served prior to the program.



Health Chats

By DR. RAYMOND A. LARSON

The B Complex Group of Vitamins

It is estimated that 50 per cent of the American people fail to have optimum health and maximum vigor because of a low intake of the vitamin B complex. Therefore, it is highly important that they obtain daily all the factors of the natural B complex.

The B complex story is much misunderstood by the American people. It certainly deserves some explanation. Therefore, the following resume:

The entire B complex contains at least 11 vitamin factors. Among them five (B1, B2, B6, Nicotinic Acid and Pantothenic Acid) have been isolated and are available in synthetic form.

In addition to these factors, there are a number of unknown vitamin factors, many of which have been proved biochemically to play an important role in preserving health and life. Some of them are: Choline, Inositol, Para-aminobenzoic Acid, Biotin, Factors W, R, U, and S.

Pantothenic Acid, for instance, was announced September 8, 1941 to be the "vitality vitamin." The research workers found that this vitamin is necessary for the proper functioning of the vital adrenal glands without which life would not go on.

Inositol is important as a factor controlling peristalsis (bowel regulation). Lack of Choline has been found to cause sclerosis of the liver and the degeneration of certain other glands like the thyroid. Choline is also necessary for the formation of acetyl Choline, the chemical mediator between thoughts in the brain and action in the muscles, and also for the formation of adrenalin, the hormone of the adrenal glands.

Another factor of the vitamin B complex which has recently come into prominence is Para-aminobenzoic Acid (the anti-gray-hair factor). Every few months we learn more and more of the value of each vitamin B complex factor in the intricate operation of

functioning of the human system. Therefore, it is obvious that the entire natural B complex is much more preferable and is more effective therapeutically than a single or partial combination of the B complex.

Deficiency diseases are multiple as a rule, and even in curing pellagra, for which nicotinic acid has been found to be a specific, clinical research has established that much better results are accomplished in pellagra cases when the entire natural B complex is administered, in addition to nicotinic acid.

When you stop to consider that some of the symptoms of vitamin B complex deficiency are: lack of appetite, chronic fatigue, nervousness, disturbances as gastrointestinal, disfunctions, etc., it is obvious that one should insure an adequate daily intake of the entire natural B complex.

The richest sources of the natural B complex are yeast, wheat germ, rice polish, liver and dry, defatted milk. Each rich source of the natural B complex contains different balances and different amounts of these B vitamin fractions. One may contain more B1; the other more B2; and a third might contain more biotin, etc. Therefore, it is obvious that the ideal natural B complex combination is where all five rich sources are available together.

It must be remembered that since it is more desirable to obtain daily the entire natural B complex from a combination of natural sources, it is obvious that no capsule or tablet of an average size can furnish these in any appreciable amounts; because yeast, wheat germ, rice polish and dry, defatted milk require a great deal of room to provide an amount sufficient to be effective.

HEALTH CHATS sponsored by R. A. Larson, D.C. Ph.C. 1110 Sartori Ave., Torrance, Phone-2130.

CIVIL SERVICE EXAMINATIONS FOR THE CITY OF TORRANCE

Open competitive examinations will be given in the near future for the following classifications:

- PARK MAINTENANCE MAN**
(Salary \$229.00 to \$266.00 per month)
- LABORER**
(Salary \$229.00 to \$266.00 per month)
- BUS ATTENDANT**
(Salary \$238.00 to \$276.00 per month)
- BUS OPERATOR**
(Salary \$266.00 to \$310.00 per month)

All candidates must be citizens of the United States and bona fide residents of the City of Torrance for at least one year immediately preceding the date of filing applications.

Applications may be secured at the office of the Personnel Clerk, Room 2, City Hall, Torrance, Calif.

LAST DAY FOR FILING APPLICATIONS Monday, June 23, 1952, at 5:00 P.M.